



CYCLING PROFICIENCY LESSONS

Safety Guide

School Education

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Checklist Items

KEY BENEFITS

Road Safety

Teaches control, signalling, and hazard perception.

Confidence

Builds confidence for riding in varied environments.

Maintenance

Reinforces helmet use and bike maintenance checks.

Active Travel

Promotes lifelong active travel and road respect.

KEY HAZARDS & CONTROL MEASURES**Traffic & Vehicles**

- ✓ Routes assessed for traffic volume and speed
- ✓ Hi-vis clothing worn by all
- ✓ Instructor positioned to manage traffic
- ✓ Skills taught progressively before road use

Falls & Collisions

- ✓ Helmets correctly fitted and worn
- ✓ Appropriate spacing between riders
- ✓ Bikes checked before each session
- ✓ Emergency stop technique taught early

Equipment Failure

- ✓ M-check completed on all bikes
- ✓ Repair kit carried by instructor
- ✓ Bikes sized correctly for riders
- ✓ Faulty bikes removed from use

Weather Conditions

- ✓ Weather checked before sessions
- ✓ Water breaks in hot weather
- ✓ Sessions cancelled in poor conditions
- ✓ Wet weather techniques taught

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- | | |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Bikes

- | | |
|-----------------------------------------|-----------------------------------------|
| <input type="checkbox"/> M-check done | <input type="checkbox"/> Correct size |
| <input type="checkbox"/> Brakes working | <input type="checkbox"/> Tyres inflated |

Riders

- | | |
|--------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Helmets fitted | <input type="checkbox"/> Hi-vis worn |
| <input type="checkbox"/> Suitable clothing | <input type="checkbox"/> Medical info known |

Route

- | | |
|---------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Route assessed | <input type="checkbox"/> Weather checked |
| <input type="checkbox"/> Traffic acceptable | <input type="checkbox"/> Hazards briefed |

Supervision

- | | |
|---------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Ratios correct | <input type="checkbox"/> First aid carried |
| <input type="checkbox"/> Emergency contacts | <input type="checkbox"/> Communication plan |



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